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Things You Should Know About...
UNWANTED JUNK MAIL AND TELEMARKETING CALLS

Experts estimate that Americans receive almost two million tons of junk mail every year, with the average person spending eight full months of his or her life just opening it. Moreover, junk mail wastes more than just time. Many consumers are concerned about the amount of paper used to print the catalogs, advertisements, sweepstakes announcements and other junk mail they receive on a daily basis.

Frequent telemarketing calls and unsolicited commercial e-mail messages are also time consuming and irritating. To reduce the time and frustration you spend dealing with unwanted junk mail, phone calls, and e-mail messages, check out the tips below.

How Do Companies Get Your Name?

Companies often get names through national advertising lists used by direct marketers. Direct marketers sell their goods and services to consumers through mail, catalogs and telemarketing. The advertising lists are compiled from many sources and are then sold to the direct marketers to use in their marketing campaigns.

Telemarketing Rules

- Federal and Illinois law prohibits telephone solicitations before 8 a.m. or after 9 p.m.
- Telemarketers are required to identify themselves with their name, the company they represent and a phone number at which their company may be contacted.
- You may ask any telemarketer to put you on a do-not-call list if you do not want them to contact you again.

Reducing Junk Mail

You can eliminate your name from large advertising lists that are sold to direct mail marketers. Your name will usually stay on the removal list for approximately five years. At the end of each five-year period, you may register your name on the removal list again. Send your request, along with your name and address, to:

Mail Preference Service
Direct Marketing Association
P.O. Box 9008
Farmingdale, NY 11735-9008

Sexually-Oriented Mail

If you do not want to receive sexually-oriented mail, fill out Form 2201 and Form 290 at your local post office. These forms must be completed by the person to whom the mail is addressed. To complete Form 2150, you must include the envelope and entire contents of the sexually-oriented mail

you received, sign the front of the envelope, indicate the date it was received and attach it to the form.

E-Mail

To reduce the number of unsolicited commercial e-mail messages you receive, submit your request via the Direct Marketing Association's online form. Your name will usually stay on the removal list for approximately one year.

Other Types of Mail

For other types of mail, you may write directly to the companies sending you mail and tell them to stop. In your letter, include your full name and address, along with your request to be removed from their mailing list.

Telemarketing Calls

You can also reduce the number of telemarketing calls you receive. Send your name and telephone number (including area code) to:

Telephone Preference Service
Direct Marketing Association
P.O. Box 9014
Farmingdale, NY 11735-9014

Better Business Bureau
www.bbb.org

Federal Trade Commission
www.ftc.gov

Office of the Illinois Attorney General
www.ag.state.il.us

Chicago
(800) 386-5438
TTY: (800) 964-3013

Springfield
(800) 243-0618
TTY: (877) 844-5461

Carbondale
(800) 243-0607
TTY: (877) 675-9339